



WASHINGTON STATE WIC PROGRAM WIC FOODS

WA State Department of Health
WIC Program State Office
1-800-841-1410



Always working for a safer
and healthier Washington

Effective
April 1, 2006–March 31, 2009

*The Washington State
WIC Program is an
equal opportunity
provider and employer.*

CEREAL

INFANT CEREAL

BUY

Choose from these cereals:



Choose any combination of WIC cereal to total 36 oz or less.

$$\begin{array}{r} 21 \text{ oz} \\ + 13 \text{ oz} \\ \hline 34 \text{ oz} \end{array}$$



$$\begin{array}{r} 18 \text{ oz} \\ + 18 \text{ oz} \\ \hline 36 \text{ oz} \end{array}$$



BUY

Choose from these infant cereals in 8 oz or 16 oz boxes:



DO NOT BUY

- Added fruit or formula
- Cans or jars
- Single servings or individual packets

Infant Cereal



**Babies were born
to be breastfed!**

CARROTS *For Breastfeeding Women*

BUY

Buy whole or baby carrots, any brand.

Organic is allowed.

Choose:

- Fresh
- Frozen
- Canned



DO NOT BUY

- Added vegetables, sauces, or flavors
- Purple or yellow carrots
- Parisienne carrots
- Bags of shredded carrots
- Pre-cut raw carrots

TUNA *For Breastfeeding Women*

BUY

Buy chunk light tuna packed in water, any brand.



DO NOT BUY

- Albacore tuna
- Solid or chunk white tuna
- Oil packed tuna
- In the pouch or snack pack
- Specialty tuna

MILK

BUY

Buy the type and amount of cow's milk printed on the check. Choose any brand and combination of sizes.

Powdered and evaporated milk are allowed when printed on the check.

Choose from these types of milk:

- Reduced Fat (2%)
- Low Fat (1%)
- Fat Free
- Non-Fat
- Skim
- Lactose Free
- Lactaid
- Organic
- Acidophilus
- Kosher
- Skim Deluxe
- Trim Deluxe
- Skim Royal
- Skim Supreme
- Whole*

*Whole milk is **NOT** allowed when Fluid Milk, 2% fat or less is printed on the check.



1% or less is best for women and children over 24 months of age.

DO NOT BUY

- Soy or rice milk
- Goat milk
- Flavored milk
- Raw or unpasteurized milk
- Glass bottles

JUICE

BUY

Choose from these juices, up to the amount on the check:

Calcium fortified juice is not recommended for infants.

FROZEN 10 oz, 11.5 oz or 12 oz cans

Minute Maid Orange and Grapefruit 100% Juice



Grapefruit with Calcium

Original Orange

Country Style Orange

Pulp-Free Orange

Original with Calcium

Reduced Acid Orange

Orange with Extra Vitamins C & E, Plus Zinc

Orange Passion with Calcium

Orange Tangerine with Calcium

Tree Top Apple 100% Juice
Green label.



PEANUT BUTTER

BUY

Buy peanut butter in a 16 oz or 18 oz jar, any brand.

Choose:

- Creamy, chunky or crunchy style
- Plain
- Roasted Honey Nut



DO NOT BUY

- Fresh ground or gourmet peanut butter
- Bulk peanut butter
- Added jams, jellies, or chocolate
- Peanut spread
- Reduced fat peanut spread
- Organic peanut butter

EGGS

BUY

Buy white chicken eggs, any brand, in a one dozen (12 count) carton.

Choose:

- Small
- Medium
- Large



DO NOT BUY

- Eggland's Best eggs
- Organic eggs
- Specialty eggs
- Brown eggs
- Extra large or jumbo eggs

BUY

Buy plain dried beans, peas, or lentils, any brand and variety.

Organic is allowed.

Choose:

- Bulk
- 1 pound bags



Dried Beans, Peas, or Lentils

Old Orchard 100% Juice Dark green lid and pull strip.

Apple

Grape

White Grape

Ruby Red Grapefruit

Orange

Orange Calcium Fortified

Pineapple

Apple Kiwi Strawberry

Apple Passion Mango

Apple Cranberry

Apple Cherry

Apple Raspberry

Apple Strawberry Banana

Cranberry Blend

Cranberry Raspberry

Pineapple Orange

Pineapple Orange Banana

Fruit Punch, 100% juice



Juice

DO NOT BUY

- Canned
- Soup mixes

DO NOT BUY

- Plastic bottles
- Dole frozen juice
- Welch's frozen juice

JUICE

BUY

Choose from these juices, up to the amount on the check:

46 OZ CANS



DO NOT BUY

- Plastic bottles
- Dole frozen juice
- Welch's frozen juice

CHEESE

BUY

Buy WIC approved cheese, any brand, up to the amount on the check.

Choose from these types of cheese, 8 oz. size or larger:

- **Cheddar** (mild, medium or sharp, yellow or white)
- **Kraft Deluxe American** (unsliced, blue box)
- **Monterey Jack** (plain)
- **Mozzarella** (whole or part-skim)
- **String Cheese** (white mozzarella only, in bags of 8 oz. or more)

Non-fat, reduced fat, "light", and kosher cheese are allowed.

$$8 \text{ oz} + 8 \text{ oz} = 16 \text{ oz} = 1 \text{ lb} = 1 \text{ pound}$$



DO NOT BUY

- Individually wrapped sticks or pieces of cheese
- Random weight cheese
- Sliced, shredded, grated, or cubed cheese
- Organic cheese
- Raw or unpasteurized cheese